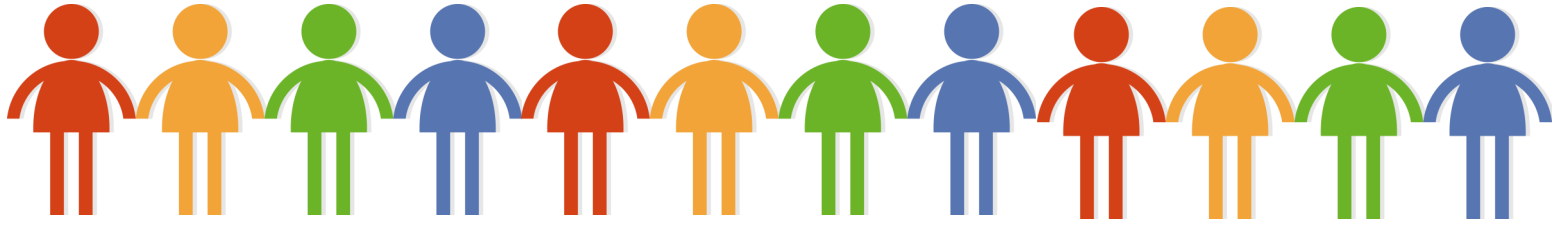


LIVING WITH A CHRONIC CONDITION? THERE'S HELP!



The Chronic Disease Self-Management Program is an amazing evidence-based workshop created by Stanford University enabling those living with chronic disease to regain control of their lives. Many essential, valuable skills and techniques are taught in this program to educate and empower those living with chronic conditions as well as those caring for them. Topics covered include: medication management, dealing with stress and difficult emotions, nutrition, exercise, pain and fatigue management, effective communication skills, problem solving, and decision-making skills. Participants will receive a free book entitled *Living a Healthy Life with Chronic Conditions*.

This free, life-changing, 6-week workshop series will meet from 1:00-3:30 pm at the Milton Community Center located at 310 Northline Road in Ballston Spa on Mondays beginning April 10th. The rest of the dates are as follows: April, 17th, 24th, May 1st, 8th, and 15th.

Please call Jen Buscema at 884-4110 for more information and to register for the workshop! Be sure to call soon as classes fill up quickly!

